

What is claimed is:

1. A method of treating diabetes in an animal, said method comprising administering to said animal a therapeutically effective amount of conjugated linoleic acid.

2. The method of claim 1, wherein said conjugated linoleic acid is administered orally.

3. The method of claim 2, wherein said conjugated linoleic acid is administered in a unit dosage form.

4. The method of claim 3, wherein said unit dosage form is a food product.

5. The method of claim 1, wherein said conjugated linoleic acid is selected from the group consisting of 9,11-octadecadienoic acid, esters thereof, geometric isomers thereof, salts thereof and mixtures thereof.

6. The method of claim 5, wherein said geometric isomers have configurations selected from the group consisting of trans,trans; cis,cis; trans,cis; and cis,trans.

7. The method of claim 1, wherein said conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid, esters

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thereof, geometric isomers thereof, salts thereof and mixtures thereof.

8. The method of claim 7, wherein said geometric isomers have configurations selected from the group  
5 consisting of trans,trans; cis,cis; trans,cis; and cis,trans.

9. The method of claim 1, wherein said CLA is comprised predominantly of cis,trans-9,11-octadecadienoic acid and trans,cis-9,11-octadecadienoic acid.

10. The method of claim 1, wherein said CLA is comprised predominantly of cis,cis-9,11-octadecadienoic acid.

11. The method of claim 1, wherein said conjugated linoleic acid is administered in an amount of about 1 mg of said conjugated linoleic acid/kg body weight to about 10,000 mg of said conjugated linoleic acid/kg body weight.

12. The method of claim 1, wherein said animal is a mammal.

13. The method of claim 12, wherein said mammal is a human.

14. The method of claim 1, wherein said  
30 conjugated linoleic acid is administered in a pharmaceutically acceptable carrier medium.

15. The method of claim 14, wherein said pharmaceutically acceptable carrier medium includes water.

5 16. A food composition useful in treating diabetes comprising, a food product having a therapeutically effective amount of conjugated linoleic acid, said conjugated linoleic acid predominantly  
10 comprised of a mixture of cis,trans-9,11-octadecadienoic acid and trans,cis-9,11-octadecadienoic acid.

17. The food composition of claim 16, wherein  
15 said therapeutically effective amount of said mixture is sufficient to provide about 1 mg of said mixture/kg body weight per serving to about 10,000 mg of said mixture/kg body weight per serving.

20 18. A food composition useful in treating diabetes comprising, a food product having a therapeutically effective amount of conjugated linoleic acid, said conjugated linoleic acid predominantly comprised of cis,cis-9,11-octadecadienoic acid.

19. The food composition of claim 18, wherein said conjugated linoleic acid is administered in an amount sufficient to provide about 1 mg of said cis,cis-9,11-octadecadienoic acid/kg body weight per serving to about 10,000 mg of said cis,cis-9,11-octadecadienoic acid /kg body weight per serving.

20. A food composition useful in treating diabetes comprising, a food product having a therapeutically effective amount of conjugated linoleic acid, said conjugated linoleic acid predominantly comprised of trans,cis-10,12-octadecadienoic acid.

21. The food composition of claim 20, wherein said conjugated linoleic acid is administered in an amount sufficient to provide about 1 mg of said trans,cis-10,12-octadecadienoic acid/kg body weight per serving to about 10,000 mg of said trans,cis-10,12-octadecadienoic acid /kg body weight per serving.

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